



ELITE GUARD TRAINING

STARTS
Sun. January 4th
2008

Day's Focuses: Ballhandling and Pivot's

Thought of the Day: "Hard work beats talent, when talent doesn't work hard" – Kevin Durant

1. Sideline Ball-Handling

- a. Knee Dribble to Crossover
- b. In and Outs to Crossover
- c. Knee Dribble, Cross Cross, Behind Back
- d. Knee Dribble, CP3, Cross

***Everyone has ball. Two groups. Zig Zag dribbling.*

2. Partner Sideline Dribbling

- a. Two Ball Dribbling (5), Flip to double Move, Pass Back

***Partner Up. Each group has two balls.*

3. Open Floor Pivots – Full Court

- a. Zig Zag Dribble – Outside Pivot
- b. Step Through Spin

***Cones set up in Zig Zag. Players Outside pivot and spin to next cone. Lines in corners.*

4. Corner Push

- a. Outside Pivot Pass to Wing for Drive
 - i. Right Side Jump Shots
 - ii. Left Side Layups

***2 Lines each basket. Outside line pushes corner. Outside pivot pass to wing. Center line fills behind as player drives to wing. Rip through for shot.*

5. Jordan Pivot

- a. Hard Cross Jab... Explode to Rim
- b. Hard Cross Jab... Spin and explode

***Chairs on each wing (4)*

www.MonroeSportsCenter.com/COACHANDREW

Andrew Guy

AndrewG@MonroeSportsCenter.Com

908-839-5712